

FALL AEROBICS SCHEDULE

MUGU AEROBICS SCHEDULE

Mugu Gym (Bldg.16 & 155) / Ph.989-7728/8317

Hours:

M-Th 5:30AM-10PM

Fri 5:30AM-9PM

Sat 9AM-7PM

Sun 9AM-7PM

Holidays AS POSTED

Children 12-16 must be accompanied by an adult 18 and over. Dress requirements for working out in fitness centers (no coveralls, jeans, and so forth). Costs for services vary by studio and activity.

	Monday	Tuesday	Wednesday	Thursday	Friday
0600	Cycling Katrina	Cycling Matt	Cycling Katrina	Cycling Matt	Cycling Katrina
1130	Intermediate Step Karen	Boot Camp Geneva	Circuit Training Karen	Muscle Conditioning Geneva	
1700		Gut Cut Tammi		Gut Cut Kara	
1730	Intermediate Step Maritza	Weighted Step Tammi	Intermediate Step Maritza	20/20/20 Kara	Intermediate Step Maritza
1800	Cycling Matt	20/20/20 Tammi	Cycling Scott		
1830	Body Balanced Mel		Body Balanced Mel		

BEEFIT AEROBICS SCHEDULE

Beefit Wellness Center (Bldg.1171) / Ph.982-4726

Hours:

M-F 8AM-7PM, Closed Sun/Sat/Holidays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0830	HI/LO & Upper body Judy		HI/LO & All Complete Tone Judy		HI/LO & Lower Body Judy	Step Class Kathleen
0930		Cycling Katrina		Cycling Cassi		
0945	Senior Fit Judy		Senior Fit Judy		Senior Fit Karen	
1130	Intermediate Step Scott	Muscle Conditioning Sharon	Circuit Training Kathleen	Muscle Conditioning Sharon		
1630	Gut Cut Kathleen	Bottoms Up Kara	Gut Cut Kara	Bottoms Up Tammi	Gut Cut Tammi	
1700	Advanced Step Kathleen	Boot Camp Lorri	Advanced Step Kara	Intermediate Step Tammi	Weighted Step Tammi	
1730		Cycling Scott		Cycling Scott		
1800	Start Out & Step Up Tammi	Body Balanced Kathleen	Start out & Step up Tammi	Body Balanced Kathleen	Body Balanced Mel	